Amendments to the Specification:

Please replace paragraph (0023) with the following amended paragraph. Changes in the amended paragraph are underlined for clarity.

(Existing 0023) Steps are provided in 0.005 Hertz steps on either side of the 0.085 Hertz center frequency to accommodate for age and personal comfort. In other words, frequency steps are provided at 0.080 Hertz, 0.075 Hertz, and 0.070 Hertz on the low end, and at 0.090 Hertz, 0.095 Hertz, and 0.100 Hertz on the high end.

(Amended 0023) Steps are provided in 0.005 Hertz steps on either side of the 0.085 Hertz reference frequency to accommodate for age, body inclination, and personal comfort. In other words, frequency steps are provided at 0.080 Hertz through 0.060 Hertz on the low end and at 0.090 through 0.170 Hertz on the high end, accommodating the longer heart rate variability cycle of adults while resting in a horizontal body position, and the shorter intrinsic heart rate variability cycle of children, respectively.

Please replace paragraph (0025) with the following amended paragraph. Changes in the amended paragraph are underlined for clarity.

(Original 0025) Timing Generator 302 provides necessary clock signals to Counter 304 under control of Setting Selector 301 such that visual, audible, and sensory indicators can be generated. This requires clock signals to be output to Counter 304 of varying frequency as is indicated in the third column of FIGURE 4, Timing Generator Output 403. For convenience of this description, visual indication is delineated into fifteen (15) steps as is indicated by Visual Array 310. Consequently, a complete breath cycle consists of thirty (30) steps as is depicted in FIGURE 5. FIGURE 5 presents the status of the visual indicator at nine (9) points in time, shading indicating "activation" of individual array elements. In this case, a complete inhalation and exhalation is represented by the activation of the bottom most indicator, depiction by 501, to the top most indicator, depiction 505,

and back again, depiction 509, the upward transition representing the period of inhalation and the downward transition representing period of exhalation. Consequently, inhalation ends and exhalation begins at the uppermost indicator, depiction 505, and exhalation ends and inhalation begins at the bottommost indicator, depictions 501 and 509. It should be noted that this is a logical convention as upward and downward transitions are typically of equal time. Note that for convenience, FIGURE 5 depicts activation every 3-4 steps. Referring for a moment to FIGURE 4, depending on Setting Selector settings, column 401, each individual indicator of FIGURE 5 is illuminated for a period of time consistent with Timing Generator Output, column 403, ranging between the 0.33 seconds and 0.47 seconds, representing 0.100 Hertz and 0.070 Hertz respectively. In this way, a complete cycle of the visual display occurs in the specified period.

(Amended 0025) Timing Generator 302 provides necessary clock signals to Counter 304 under control of Setting Selector 301 such that visual, audible, and sensory indicators can be generated. This requires clock signals to be output to Counter 304 of varying frequency as is indicated in the third column of FIGURE 4, Timing Generator Output 403. For convenience of this description, visual indication is delineated into fifteen (15) steps as is indicated by Visual Array 310. Consequently, a complete breath cycle consists of thirty (30) steps as is depicted in FIGURE 5. FIGURE 5 presents the status of the visual indicator at nine (9) points in time, shading indicating "activation" of individual array elements. In this case, a complete inhalation and exhalation is represented by the activation of the bottom most indicator, depiction by 501, to the top most indicator, depiction 505, and back again, depiction 509, the upward transition representing the period of inhalation and the downward transition representing period of exhalation. Consequently, inhalation ends and exhalation begins at the uppermost indicator, depiction 505, and exhalation ends and inhalation begins at the bottommost indicator, depictions 501 and 509. It should be noted that this is a logical